

Health Effects of Tobacco- Say No To Smoking

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INTRODUCTION:

Smoking can damage many parts of the body. Tobacco use has predominantly negative effects on human health and concern about health effects of tobacco has a long history. The World Health Organization (WHO) estimates that each year tobacco causes about 6 million deaths (about 10% of all deaths) with 600,000 of these occurring in non smokers due to second hand smoke. In the 20th century tobacco is estimated to have caused 100 million deaths. Currently, the number of premature deaths in the U.S. from tobacco use per year outnumbers the number of workers employed in the tobacco industry 4 to 1. According to a 2014 review in the *New England Journal of Medicine*, tobacco will, if current smoking patterns persist, kill about 1 billion people in the 21st century, half of them before the age of 70.

FACTS ABOUT SMOKING & USING TOBACCO

1. On average, the life expectancy of a smoker is 10 years less than a nonsmoker.
2. Cigarette smoke contains more than 7,000 chemicals, 70 of which are known to cause cancer.
3. Every day, more than 3,200 children and teens under 18 years old smoke their first cigarette. (There are also 2,100 young adults who turn into daily smokers each day.)
4. Smoking is responsible for about 1 in 5 deaths annually in the United States. (That means tobacco causes about 480,000 deaths per year—and 41,000 of those deaths are because of exposure to secondhand smoke).
5. Smokers typically inhale about 1 milligram (mg) of nicotine in a single cigarette. For some, that's all it takes to become addicted. Tobacco is the leading cause of preventable death in the world.

SYMPTOMS

These studies suggest smoking can affect diabetic neuropathy differently according to the type of diabetes. In an 8-year study, smoking was significantly associated with an increased risk for coronary heart disease (CHD) in diabetic patients. In Asia, where there

are high rates of smoking there is high prevalence of diabetes.

Smoking will also increase the risk of stroke in patients with diabetes, but may not be as strong as CHD. In a study in the United Kingdom, smoking was an additional risk factor for stroke in type 2 diabetic patients. Another 4-year study also showed that smoking and HbA1c were predictors of stroke among the type 2 diabetic patients without a history of a previous stroke. Quitting the smoking habit does have numerous health benefits. Diabetics who quit may have temporary difficulty controlling their diabetic symptoms. This difficulty goes away in a few months. Smoking can affect blood test results. If you have been asked to fast before a blood test, you should avoid smoking also.

The initial weeks of quitting tobacco are critical as the smokers might feel physical and mental symptoms. It is never too late to quit because it is only after that you start feeling that your body is working to attain normalcy. Following are the changes you would feel on quitting the addiction: Heart rate and Blood Pressure decreases. The carbon monoxide levels return to that of a non-smoker. Blood circulation and lung functioning

improves The ability of taste and smell returns to normal Exercise tolerance improves significantly Fatigue, sinus congestion and coughing reduces Nerves start adjusting to the absence of nicotine The risk of heart attack is reduced to 50% of someone who smokes Stroke risk reduces to half of that of non-smoker.

Tips to be fit to avoid smoking: An easy plan to follow to stop smoking is the “5 D’s” plan recommended by both smokers and cancer experts:

1. Deep breathing
 - Take a deep breath, in through your nose. Hold the breath for a count of 4.
 - Then breathe out slowly, through your mouth Repeat these steps 4 or 5 times, or until you feel calm.
 - To make sure you are breathing deeply, place your hands on your stomach. You should feel your stomach rise as you breathe in.
2. Drink water: Try to drink 8 glasses a day.
3. Do something else: Exercise. Chew some gum. Listen to your favorite music. Work a crossword puzzle. Look at a magazine. Read the Bible. Keeping busy with other things will keep your

mind off smoking.

4. Discuss with a friend or family member: Talking about things can help you to feel better.
 - Don’t reach for that cigarette right away. Count to 100 or 200. Think pleasant thoughts. Remember, the urge to smoke will pass in 3 to 5 minutes, whether you smoke or not.
 - Can you use nicotine replacement product to stop smoking? Most studies suggest that short-term use of these products will expose you to nicotine but if it is being used to quit smoking the benefits outweigh the risk.
 - As difficult as it may be to quit remember it’s never too late. Immediately after you quit you will begin to reverse the damage done to your body and reduce your risk for disease.

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